

Amendments to the Specification:

Please replace paragraph [0018] with the following amended paragraph:

[0018] FIG. 6 illustrates a grooved sports vision training device in accordance with the present invention [.] ; and

Please add the following new paragraph after paragraph [0018]:

[0018.1] FIG. 7 illustrates a sports vision training device in accordance with the present invention having written indicia such as a logo.

Please replace paragraph [0025] with the following amended paragraph:

[0025] If desired, as shown in FIG. 7, the exterior surface 32 of the layer 20 can be provided with written indicia 100 in the form of logos, team names, etc.